





SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE NOVEMBER 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Baked Fish w/Lemon Sauce White & Wild Rice Vegetable Blend 100% Whole Wheat Bread Fruit Cocktail	2	Roast Turkey w/Gravy Mashed Sweet Potatoes Peas & Pearl Onions Cranberry Sauce Wheat Dinner Roll Sliced pears
5	<i>Apple Juice Breaded Veal Patty Parmesan Penne w/Marinara Sauce Italian Blend Vegetables Italian Bread Frosted Cake</i>	6	Macaroni & Cheese Mixd Greens-Cucumber/Cherry Tomatoes w/Ranch Dressing Stewed Tomatoes & Zucchini 100% Whole Wheat Bread Fresh Fruit	7	Chicken Brunswick Stew Parslied Boiled Potatoes Garden Salad w/Tomato & Cucumber Salad Dressing Buttermilk Biscuit Tropical Fruit	8	Roast Beef w/Mushroom Gravy Mashed Potatoes w/Chives Whole Baby Carrots Dinner Roll Apricots	9	Cream of Broccoli Soup Breaded Chicken Cutlet On Multi-Grain Bun Leaf Lettuce/Sliced Tomato Baked Sweet Potato 3-Bean Salad Fruit Cocktail
12	CLOSED IN OBSERVANCE OF VETERAN'S DAY	13	Salisbury Steak w/Italian Sauce Rotini w/Tomato & Basil Sauce Brussel Sprots Club Roll Mixed Fruit	14	Chicken Noodle Soup Onion & Teriyaki Glazed Chicken On Onion Roll Marinated Bean Salad Potato Puffs Saltines Apricots	15	CRT THANKSGIVING MEAL Orange Pineapple Juice Festive Roast Turkey w/Gravy Herb Stuffing Mashed Potatoes Cranberry Sauce Peas & Pearl Onions Wheat Dinner Roll Pumpkin Pie	16	Salmon Boat w/Newburg Sauce Rice Pilaf Broccoli Normandy Dinner Roll Pineapple Tidbits Mandarins
19	Honey Glazed Chicken Quarter Corn Bread Stuffing Mixed Vegetables Rye Bread Apricots	20	Hawaiian Pork Oriental Rice Broccoli Spears 12-Grain Bread Peaches & Pears	21	Corn Chowder Crabby Cake on Multi Grain Bun Tater Tots Tartar Sauce Carrot Raisin Salad Fresh Fruit	22	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY	23	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY
26	Orange Juice Chicken Parmesan Ziti w/Italian Sauce Italian Green Beans Club Roll Fresh Fruit	27	Barbeque Pork Ribs Baked Beans Broccoli Cuts Wheat Bread Fruit Cocktail	28	Butter Crumb Fish Square Chive Mashed Potatoes Tartar Sauce Peas & Diced Carrots 100% Whole Wheat Bread Tropical Fruit	29	Apple Juice Italilan Baked Chicken w/Sauce Parslied Bowties Italian Mixed Vegetables Whole Grain White Bread Apple Blueberry Crisp w/Topping	30	<i>Orange Juice Swiss Steak Parslied Noodles Caribbean Blend Vegetables 100% Whole Wheat Bread Peaches & Pears</i>

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.
All meals are served with milk, bread and margarine. **DONATIONS: \$2.00 (or whatever you can afford)**